

# **Enclosure 63**



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# Phoenix Warrior Wellness Time

**MISSION STATEMENT:** The Special Troops Battalion begins **monthly** Phoenix Warrior Wellness Time starting on **8 March 2024, 0630-0930** at 528<sup>th</sup> SB HQ AO and the larger surrounding Fort Liberty area IOT build personal and professional strength, interpersonal relationships, unit cohesion, and esprit de corps.

**INTENT:** These **sessions** conducted on the second Friday of every month, enable STB Soldiers to grow personally and professionally **in all the Human Wellness and Performance domains**, generate in-depth interpersonal relationships, cultivate unit cohesion, and foster esprit de corps.

**ENDSTATE:** Phoenix Warrior Soldiers will feel a stronger sense of connectedness, **more frequent and effective interactions with the HPW, BH, and UMT teams**, and enabled to seek assistance for concerns before anything becomes an issue

### 5 W's

**WHO:** All personnel assigned to the Special Troops Battalion

**WHAT:** Monthly Phoenix Warrior Wellness Time

**WHERE:** 528<sup>th</sup> SB HQ, surrounding Fort Liberty area, local off-site areas\* (\*CONOP required)

**WHY:** Generate stronger inter-personal relationships, build unit cohesion, and enable effective utilization of HPW/BH/UMT resources.

**WHEN:** 0630-0930, 2<sup>nd</sup> Friday of every month

### Example Timeline

**0630-0640:** Accountability/PERSTAT reporting to company command team

**0640-0800:** Group activity

**0800-0900:** Small group discussions

**0900-0930:** AARs and closeout

\*Timeline will need to shift if off-site. Work call for PWWT days is 0930 - plan accordingly for travel back to BDE HQ ahead of work call. Groups can meet at offsite locations at 0630 with approved CONOP.



### Focus Areas / Resources

Human Performance Advisor: Dr. Mike Bean  
HPW Coordinator: CPT Kat Wilson

#### HPW Domains:

##### Physical:

Strength & Conditioning: Coach Nicole Brown, Coach Darius Ducre  
Sports Medicine: Dr. Emily Kinabrew, Dr. Caitlin Freakley, Ms. Sarah Lockhead  
Dietician: Mr. Paul Harrington

##### Social:

Community Resource Coordinator: Mrs. Amanda Woodward  
Financial Counseling: Mrs. Tracey Sammons  
MFLC: Mr. Stan Williams, Mrs. Lisa Walker-Davis

##### Spiritual:

Unit Ministry Team: CH (MAJ) Sean Callahan & SSG Joseph Kalsic

##### Cognitive:

Cognitive Performance: Ms. Blair Venables

##### Psychological:

Operational Psychology / Performance: MAJ Rhea Racaza

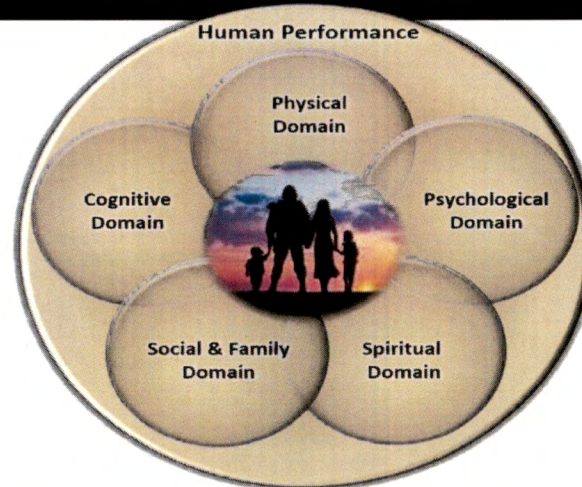
Licensed Clinical Social Work: CPT Wesley Jones

Psychiatric Nurse Practitioner: Mr. Yani Dilag

POTFF Psych Tech: Mrs. Shante Spruiell

### PWWT Concept "Ideas"

- Hike at Cape Fear River with small group discussions on effects of outdoor activities on **cognitive capabilities at work (cognitive/psychological domains)**.
  - Breakfast at IHOP/DFAC with small group discussions on resources available to Soldiers and their Families during summer months (social domain)
  - Ultimate frisbee at BDE HQ with small group discussions on fuel, training, and recovery required for peak physical performance (physical domain)
  - Sand volleyball at Smith Lake with small group discussion on spiritual wellness and connectedness through people and purpose
- \*Section/group plans can be planned/resourced internally or with additional HPW resources



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